Cost & Nutrient Value of Fruits and Vegetables

- ½ cup each of fresh watermelon and apple, a little less than ½ cup of grapefruit juice and 1/8 cup of raisins = $0.37
  - Over 75% of the Daily Value for Vitamin C
  - 150 calories
  - Less than 1 gram of fat
- ½ cup each of fresh carrots, broccoli fleurets, potatoes and cabbage = $0.27
  - 75 calories
  - 100% of the Daily Value for Vitamins A and C
  - 15% of the Daily Value for fiber